

## Shortcut Lasagna

This dish has all the flavor of lasagna, but takes a fraction of the time to prepare and serves up like a casserole.

**PREPARATION TIME: 8 MINUTES**

**COOKING TIME: 21 MINUTES**

8 ounces uncooked medium egg noodles  
1¼ cups fat-free ricotta cheese  
1½ cups (6 ounces) shredded sharp provolone cheese, divided

1 teaspoon dried basil  
½ teaspoon dried oregano  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 pound ground round  
2 cups tomato sauce  
Cooking spray

1. Preheat oven to 375°.
2. Cook noodles in boiling water 5 minutes, omitting salt and fat.
3. While noodles are cooking, combine ricotta, 1 cup provolone cheese, basil, oregano, salt, and pepper in a small bowl; set aside. Cook beef in a large nonstick skillet over medium-high heat until browned, stirring to crumble. Stir in tomato sauce; remove from heat.
4. Drain noodles. Combine noodles and meat mixture in large bowl. Place 3 cups noodle mixture in an 11 x 7-inch baking dish coated with cooking spray. Spread ricotta mixture over noodle mixture. Top with remaining noodle mixture; sprinkle with ½ cup provolone cheese. Bake at 375° for 15 minutes or until cheese melts. Yield: 6 servings.

CALORIES 416 (30% from fat); FAT 14g (sat 6.8g, mono 4.5g, poly 0.9g); PROTEIN 37g; CARB 37.2g; FIBER 2.3g; CHOL 107mg; IRON 4.1mg; SODIUM 912mg; CALC 333mg